

Saking Powder are

housewives know this is the truth—they realize the cost of a single bake-day failure. That's why they stick to Calumet.

Be on the safe side - avoid disappointments — use Calumet next bake-day—be sure of uniform results—learn why Calumet is the most economical to buy and to use. It's pure in the can-pure in the baking. Order now!



Cheap and big can Baking Powders do not save you money. Calumet does-it's Pure and far superior to sour milk and soda.

In Place of Gossip.

"Conversation classes" are the fad of the moment. At a conversation class, of course, you learn to converse; and the women who attend are desirous of reviving real conversation at the expense of mere talking. The members of the class meet in one another's drawing rooms, sometimes without a-teacher or "director of conversation," and one of the first things impressed upon the audience is that intelligent listening is as much of an art as brilliant talking. When there is no teacher, little groups of women meet and agree upon certain topics of conversation, about which each member informs herself. One woman in the class is appointed to rule out interruptions and irrelevant remarks and keep each talker to a time limit. This is interesting to all the members of the class, and certainly more to be recommended than the gossip to which women are given.

Returning a Favor.

The mayoral chair of an English town was occupied by a man of great generosity. Among the applicants who sought relief from him during his tenure of office was a well-known local character known as "Talking Tim." who asked the loan of a few pounds to buy a donkey and cart and set up in the rag and bone business.

"Well, Tim," said the mayor, "if I give you this money, how are you going to pay me?"

This was a poser for Tim, but a thought struck him, and he blurted

"Well, yer worship, if ye are kind enough to give me the money, I'll tell you what I'll do; I'll name the donkey after yer worship."

Unnecessary.

"Do you tell your wife everything?" "It isn't necessary. She knows everytning."-Detroit Free Press.

According to Her Cook Book. Bride-Merciful heavens! That pic is burning and I can't take it out for ten minutes yet!-Life.

(Conducted by the National Woman's Christian Temperance Union.)

LIQUOR MEN AND LABOR. Before the convention of the American Federation of Labor there was a demand by the liquor interests or organizations identified with them, that the American Federation of Labor line up with the liquor men in their fight against prohibition. Mr. Charles Stelzle, writing in the Continent, says that the atmosphere of the convention was so decidedly unfriendly to such action that the liquor men "were easily persuaded to drop the entire question. Throughout the convention," continues Mr. Stezle, "the liquor men were strangely quiet, refraining from taking any part in any of the discussions, for fear of arousing the enmity of anybody whose opinions might be controverted.

"A mass meeting for the purpose of discussing the relation of labor to the saloon was held on the first Sunday afternoon of the convention, and was attended by about one thousand persons. With the use of government statistics and logic which appealed to the workers, facts were presented which battered down the arguments of the liquor men that the abolition of the saloon would create a labor panic.

"The statement that the labor men in England had not only organized a labor officials' temperance fellowship with which the best leaders were identified, but that bartenders, brewery workers and others in the liquor industry were not considered worth organizing by the British Trades congress, had a marked effect on the audience."

WAY DOWN IN ARIZONA.

A traveling salesman who goes into every nook and corner of Arizona, visiting the W. C. T. U. booth at the Panama-Pacific exposition, asked what we knew of the results of prohibition in Arizona. Miss Brown, the director, repeated some of the statements which had come to her from residents and travelers, not at all knowing his attitude in the matter. Then he told her that he had been in all parts of the state, having gone over the territory for fourteen years. He said: "You cannot exaggerate changed conditions. In the mines the accidents have decreased 80 per cent, the efficiency has more than doubled, and the physical appearance of the communities has greatly improved. The faces of men look far fresher, healthier and happier. Business has improved greatly. Merchants and other business men who formerly opposed prohibition on the ground of injury to business are now its greatest boosters and would not allow a return to old conditions. Prohibition has come to stay in Arizona." The visitor admitted that he had always been accustomed to take his glass of beer and liked a glass of wine with his meals, but declared there is not one argument for the continuance of the liquor traffic.

THE TEST.

A Birmingham (England) employer, who is a stanch teetotaler, recently advertised for a foreman for one of the departments of his works, and a large crowd of men called at the factory. When the employer saw them outside he said generally: "Well, we might as well go and have a drink," pointing to a tavern opposite. He suited the action to his words, and led the way across, the men following. When he reached the swing doors of the public house he turned around and saw one man loitering behind the others, and called out to him: "Aren't you coming in?" "I'm a teetotaler, thanks," was the response. "Well, you're the man for me," the employer promptly rejoined, and he there and then engaged him, while all the others were sent about their business.

THERE'S A MORAL.

From the Sacramento Union comes the following: A well-known resident of Sacramento the other day met on a train two men and their wives who had come from Kansas seeking farms in California. He asked them why they did not investigate the country around Sacramento, as it offered many opportunities for the home-seeker. They replied that they had spent three days in this city and had been much impressed with what they saw. "But," said one of them, "Sacramento has entirely too many saloons for us, and the farmers' roads are lined with roadhouses, so we decided to go elsewhere to locate."

A GOOD TYPE.

Rockford, Ill., is a prosperous, comfortable interior American city. A part of its population is of alien birth or parentage. Thus it represents the type of American life and very favorably the American scheme; a small city with a high average of intelligence.—Chicago Tribune.

And Rockford is dry.

## Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosycheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.-Adv.

The Difficult Part.

She-What do you think of Mrs. Howell's idea of getting up a dinner for six persons at a cost of only one dollar. He-Well, I've no doubt she could

get the dinner up all right, but the trouble would be in finding six persons who would be willing to get it down.

### CLEANSE THE PORES

Of Your Skin and Make It Fresh and Clear by Using Cuticura. Trial Free.

When suffering from pimples, blackheads, redness or roughness, smear the skin with Cuticura Ointment hot water. These super-creamy emollients do much for the skin because they prevent pore clogging.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.-Adv.

Paradoxical Objection. "Rantz Roarer says he is going to retire from the stage."

"He who was wedded to his art?" "Quite so. But just confidentially, I think it was a mock ceremony."

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on-castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicieus "California Syrup of Figs." Its action is rositive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomor-

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

Uncle Sam made \$2,500,000 last year from the sale of wood from the government forests.

### FOR REMOVING STAINS

AGENTS THAT MAY BE APPLIED SUCCESSFULLY.

Care Must Be Taken That Element That Will Harm Color Is Not Employed-Doing Away With the Grease Ring.

Grease spots, such as soup, gravy, cream, butter, etc., introduce oftentimes a color element, and most often dirt, which has been unconsciously gathered and has adhered to the fiber. Some grease-removing agents will harm color. These are ammonia, ether and sometimes chloroform. If to prevent wetting the material it seems wise to use either of these chemicals, they should be tested by a sample or on some hidden part of the garment to find out if they affect the color. Testing is the only sure way of knowing. These two latter agents always should be used in the open air, never in connection with any kind of a flame, for they are inflammable,

One is often troubled with rings showing after removing grease stains. These rings can be prevented to a certain extent by the constant rubbing to avoid the chemical spreading and to cause rapid drying. If the chemical is allowed to spread or is not dried quickly it will carry with it the grease and the dirt and make a dark ring. Sometimes it is necessary to dip the whole garment in the gasoline and naphtha, after removing the spot. This usually prevents all troubles from rings.

If one fears the grease ring and also fears the fading of the color, starch, magnesia or fuller's earth may be applied to the spot, allowed to remain for a few hours to give it ample time to absorb the grease and then with a soft brush or a soft cloth the absorbing material may be brushed away. This brushing should be very light, because the powder has absorbed some or all of the grease and will leave its mark if pressed into the fiber.

A second application very often finishes the work successfully. When benzine or ether, alcohol of chloroform do not affect the color, they might be mixed into a paste with starch, magnesia or fuller's earth and this paste spread on the spot. This is a double action, the liquid dissolving and the absorbing material absorbing as fast as the grease is dissolved.

Kumquat Candles.

Kumquats, two cupfuls confectioners' sugar, chopped nut-meats, pinch cream of tartar, one-half cupful water, yellow coloring. Cut a small slice from the top of the kumquats, scoop out all the insides and place the kumquats in small paper cases. Put the sugar into a saucepan, add the strained kumquat juice, cream of tartar and water. Stir till the sugar is dissolved, then boil it till it forms a ft ball when tried in cold water; add a few drops of yellow coloring, pour onto a slab and kneed until smooth. Return to the pan and stir till melted, then pour into the prepared kumquats. Sprinkle with the nut-meats which have been finely chopped.-Pictorial Review.

Cooking Sausage.

If sausages are cooked on a plate in the oven they will not be unpleasantly odorous. An old platter will do, and they will take from twenty minutes to half an hour. Prick them and arrange side by side. When the fat has fried out pour it off and turn each sausage and they will be far drier and crisper than if cooked on top of the stove. Spread the drained-off fat on slices of crustless bread and brown them in the oven or in a hot frying pan, or choose a crisp apple, peel and cut in rather thick slices and fry in the drained-off fat, and serve on the same platter with the sausages.

Water Sponge Cake.

Beat the white of one egg in a bowl until stiff, then add the yolks of four eggs and beat well. Add slowly one and three-quarter cups of fine granulated sugar, and beat. Now add one cupful of boiling water and beat until smooth. Add two ond one-half cupfuls of flour sifted with four level teaspoonfuls of baking powder. Fold in the stiffly-beaten whites of three eggs and do not beat any more. Bake in a slow oven. Be careful to follow closely directions.

Novelty Potatoes.

Chop very fine one quart cold boiled potatoes, put them into a saucepan with one cupful cream, two table spoonfuls butter, salt and pepper, set on fire, stir until hot, then turn into a baking dish. Cover with bread or cracker crumbs and bake brown in oven.

Artificial Rubber.

Artificial rubber has been made from Russian crude petroleum, which contains chemical elements similar to those in California oil



Alabastine in 5 lb. packages, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere. Alabastine Co. 385 Grandville Rd. Grand Rapids, Mich. #1:#1:#1:#1:#1:#1:#1:#1

Didn't Make Good.

"I hear Yorick Hamm has left vaude-

"Yep; to its fate."-Louisville Courier-Journal.

If You Can't Get It In Town. Someone in almost every town in the United States sells Hanford's Balsam of Myrrh. If you can't get it, write G. C. Hanford Mfg. Co., Syracuse, N. Y. Price 50c and \$1.00. Adv.

A Definition.

Knicker-What is an effective block-

Bocker-It happens when you don't tip the waiter.

# FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength othine, as this is sold under guarantee of money back if it falls to remove freekles.—Adv.

In every man there is a little of th instinct of a slave; the instinct to cringe before power.





TROY CHEMICAL CO., 5 Commerce Ave., Bu

Druggists everywhere sell Save-The-Horse with CONTRACT or we send by Parcel Post.



Virginia Farms and Homes CATALOGUE OF SPLENDID BARGAINS. R. B. CHAFFIN & CO., Inc., Richmond, Va.

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